



## A MINUTE OF HEALTH WITH CDC

### *'Tis the Season for Flu Vaccine*

National Influenza Vaccination Week — December 6–12, 2015

Recorded: December 8, 2015; posted: December 10, 2015

*[Announcer] This program is presented by the Centers for Disease Control and Prevention.*

Flu season typically runs from late fall through early spring. To avoid getting the flu, *everyone* six months and older should receive the annual flu vaccine. Those at highest risk for serious complications from the flu include children under two years old, adults 65 and older, pregnant women, and people with certain chronic conditions, such as heart disease, asthma, and diabetes. Health care providers are also at increased risk for either getting flu from, or transmitting it to, their patients. Annual flu vaccines are available at pharmacies, health departments, and doctor's offices.

Thank you for joining us on a Minute of Health with CDC.

For the most accurate health information, visit [www.cdc.gov](http://www.cdc.gov) or call 1-800-CDC-INFO.